

OwenJohnstonKarate.com

Below are my personal workout templates. I do at least a few minutes of warmups and mobility work before each workout.

Day 1. Two arm pushups, transitional and/or 1 arm work, triceps, dips

Day 2. Two arm pullups, transitional and/or 1 arm work, fingers, grip, wrists

Day 3. Mobility, power, and agility - dynamic bridging, strength led stretching, deep stretching, tumbling skills (backbends, kickovers, etc), explosives

Day 4. "Century test", hand balancing, lever skills, bar skills, HSPU progression, and core work.

Day 5. Legs and back - general flexibility work, two leg squats, calf raises, pistols, glute ham raises, sissy squats, dynamic bridging, sandbag carries and good mornings.

Day 6. Push, pull, and core - two arm pushups, Jowetts, Australian pullup progression, biceps, HSPU progression, core work, fingers, grip, wrists.